

McLean Hospital

Psychotherapy for Borderline Personality Disorder:
An Intensive Training in the Mentalization Based Treatment Approach

January 21-23, 2010

McLean Hospital

Belmont, MA

The McLean Hospital
Department of Postgraduate and Continuing Education

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Director

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Course Description

Borderline Personality Disorder (BPD) is a serious illness characterized by instability of relationships, self-image, emotions and impulse control. Co-morbid disorders often include depression, anxiety, posttraumatic stress disorder, substance abuse and/or eating disorders. These patients present many challenges to clinicians. They require extensive mental health services and account for 20% of psychiatric hospitalizations. However, new and effective treatments have emerged that provide hope to patients and clinicians alike. To date, all of these interventions are psychotherapies; no medications have gained FDA approval for the treatment of BPD. Gaining knowledge and competence in these psychotherapies offers practicing clinicians the opportunity to improve their skills and effectively help these struggling individuals. One of the most promising of these therapies is Mentalization Based Treatment (MBT), developed by Drs. Anthony Bateman and Peter Fonagy.

Mentalization based treatment was developed based on studies of early childhood development and attachment. This workshop will equip participants to understand:

- how mentalizing handicaps derive from early parent-child interactions
- how mentalizing failures reflect and cause insecure attachments
- how psychotherapeutic interventions are efforts to correct mentalizing and attachment handicaps

Participants will learn how to implement MBT techniques within their clinical practice as a specialist treatment. Techniques to be learned that enhance mentalizing capacities include:

- The basic therapist stance of "not knowing"
- Basic mentalizing skills – validation, empathy, clarification, challenge, maintaining the mentalizing process
- Identifying the affect focus
- Mentalizing the transference – including working with countertransference

Common clinical situations are discussed and ‘role played’ to practice skills. It requires therapists to focus on the patient's mental state and on their understanding of interactions with the patient. The therapist stance is of particular importance and differs from the usual therapist stance encountered in psychodynamic and cognitive therapies. It is more active and participatory than dynamic therapy but less specifically so than cognitive therapy and not only focuses on the mind of the patient but also openly juxtaposes the mind of the therapist with that of the patient/family. It shares some components with systemic family therapy but has different aims. Importantly the therapist takes a ‘not knowing’ stance and yet explicitly develops with the patient or family alternative perspectives about what is happening. This stance will be practiced in role plays. In addition you will learn how to use your own experience of the patient as a way of increasing mentalizing within therapeutic encounters. We will also consider some techniques such as clarification, challenge and basic mentalizing in the context of some of the common clinical situations encountered in treatment with patients.

In the workshop participants will be expected to contribute actively. Learning methods used will include:

- Discussion of clinical examples
- Role plays
- Video material

This intensive workshop will be limited to only 50 individuals in order to maximize learning, interaction and appropriate feedback to participants, so please register early.

Objectives

By the end of this conference, participants will:

1. Demonstrate an understanding of the mentalizing problems of borderline personality disorder
2. Recognize mentalizing and non-mentalizing interventions
3. Develop and maintain a mentalizing therapeutic stance
4. Be prepared to use basic mentalizing techniques in their everyday clinical work in group and individual psychotherapy

Course Directors

John G. Gunderson, M.D.

Lois W. Choi-Kain, M.D.

Christopher M. Palmer, M.D.

AGENDA

Thursday, January 21, 2010

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| 8:00-9:00 am | Registration and Continental Breakfast |
| 9:00-10:15 | Outline of Training

Introduction to Mentalizing and Mentalization Based Treatment
Theory of Mentalization and Other Aspects of the Mentalization Model (Part 1)
Anthony Bateman, M.A. F.R.C.Psych.
Peter Fonagy, Ph.D. |
| 10:15-10:30 | Break |
| 10:30-12:30 pm | Theory of Mentalization and Other Aspects of the Mentalization Model (Part 2)
Differentiation From and Similarities to Other Therapies
Peter Fonagy, Ph.D. |
| 12:30-1:30 | Lunch (provided) |
| 1:30-3:00 | Basic Therapist Stance – Video and Role Play
Anthony Bateman, M.A. F.R.C.Psych. |
| 3:00-3:15 | Break |
| 3:15-5:00 pm | Basic Therapist Stance – Role Play
Anthony Bateman, M.A. F.R.C.Psych. |

Friday, January 22, 2010

8:00-9:00 am	Continental Breakfast
9:00-10:15	Principles of Service Organization and Treatment Pathways Anthony Bateman, M.A. F.R.C.Psych.
10:15-10:30	Break
10:30-11:30	Early Issues in Treatment, Formulation and Assessment of Mentalizing – Class Exercise. We will code therapists' interventions according to type of mentalizing intervention Anthony Bateman, M.A. F.R.C.Psych. Peter Fonagy, Ph.D.
11:30-12:30 pm	General Principles of Interventions and Spectrum of Interventions (Part 1) - Role Play Anthony Bateman, M.A. F.R.C.Psych.
12:30-1:30	Lunch (provided)
1:30-3:00	General Principles of Interventions and Spectrum of Interventions (Part 2) – Role Play Anthony Bateman, M.A. F.R.C.Psych.
3:00-3:15	Break
3:15-5:00	Mentalizing the Transference – Video and Role Play Anthony Bateman, M.A. F.R.C.Psych.

Saturday, January 23, 2010

8:00-9:00 am	Continental Breakfast
9:00-10:15	Suicide and Self-Harm – Role Play Anthony Bateman, M.A. F.R.C.Psych. Lois W. Choi-Kain, M.D.
10:15-10:30	Break
10:30-12:30 pm	Suicide and Self-Harm – Role Play Anthony Bateman, MA FRCPsych Lois W. Choi-Kain, M.D.
12:30-1:30	Lunch (provided)
1:30-3:00	Mentalizing Groups – Basic Principles and Practice Anthony Bateman, M.A. F.R.C.Psych. Lois W. Choi-Kain, M.D.
3:00-3:15	Break
3:15-4:30	Final Discussion Anthony Bateman, M.A. F.R.C.Psych. Lois W. Choi-Kain, M.D. John G. Gunderson, M.D.

Faculty

Anthony W. Bateman, M.A., F.R.C.Psych.

Director, Psychotherapy Services and Research Lead, St. Ann's Hospital, London
Visiting Professor, University College, London
Chief Examiner, Royal College of Psychiatrists, United Kingdom

Lois W. Choi-Kain, M.D.

Medical and Program Director, The Residence at the Gunderson Center, McLean Hospital
Instructor of Psychiatry, Harvard Medical School

Peter Fonagy, Ph.D.

Chief Executive Officer, Anna Freud Centre, London
Head of Department, Research Department of Clinical, Educational and Health Psychology,
University College London
Clinical Professor of Psychiatry, Yale University, School of Medicine
Adjunct Professor of Psychiatry, Baylor College of Medicine

John G. Gunderson, M.D.

Director, Psychosocial & Personality Research
Director, Center for the Treatment of Borderline Personality Disorder, McLean Hospital
Professor of Psychiatry, Harvard Medical School

Registration

Tuition Fee: \$995.00

This course is limited to the first 50 registrants, so please register early in order to secure a place.

If paying by check, make it payable to **McLean Hospital** and mail with the completed registration form to **McLean Hospital, Department of Continuing Education, 115 Mill Street, Belmont, MA 02478-9106**. If paying by credit card, fax the completed registration form to (617) 855-2349, or mail it to the above address. You may register on-line at <http://www.mclean.harvard.edu/ce/>. A confirmation letter will be mailed to you upon receipt of registration.

Refunds

Due to the very small nature of this training, refunds cannot be granted. If you are unable to attend, you may send a substitute attendee.

Location

This course will be held at
McLean Hospital
Pierce Hall
115 Mill Street
Belmont, MA 02478
Telephone: 617-855-3152

Accommodations

Please visit <http://www.mclean.harvard.edu/about/accommodations/> for suggestions.

McLean Hospital Contact Information

Telephone: (617) 855-3152

E-mail: education@mcleanpo.mclean.org

Online Information and Registration: www.mclean.harvard.edu/ce/

Continuing Education

Physicians: McLean Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. McLean Hospital designates this educational activity for a maximum of 19 AMA PRA Category 1 Credits™. Physician should only claim credit commensurate with the extent of their participation in the activity.

Psychologists: McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 19 CE credits.

Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 19 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

Social Workers: Application has been made for social work accreditation from the MA chapter of the NASW. Please call (617)855-3152 for status of the application.

Licensed Mental Health Counselors: McLean Hospital is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. The hospital's provider number is 6085. This program is approved for 19 clock hours of CE credit or 1.9 CEU's.

